

Stanford



Mari Kurahashi, MD, MPH

Clinical Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

CLINICAL OFFICE (PRIMARY)

- **Child and Adolescent Psychiatry Clinic**

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Bio

CLINICAL FOCUS

- Child and Adolescent Psychiatry

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

ADMINISTRATIVE APPOINTMENTS

- Director, Mindfulness Program, Division of Child and Adolescent Psychiatry, (2021- present)
- Co-Section Chief, General Psychiatry, Division of Child and Adolescent Psychiatry, (2017- present)
- Co-Director, Stanford Parenting Center, Division of Child and Adolescent Psychiatry, (2020- present)

PROFESSIONAL EDUCATION

- Medical Education: New York Medical College (2009) NY
- Fellowship: New York University School of Medicine (2014) NY
- Residency: Yale University School of Medicine (2012) CT
- Board Certification: Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology (2014)
- Board Certification, Child Psychiatry, American Board of Psychiatry and Neurology (2014)
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2013)

Publications

PUBLICATIONS

- **PARENTING DOES NOT COME WITH A MANUAL: USING THE EVIDENCE TO PROMOTE EFFECTIVE PARENTING STRATEGIES IN YOUR CLINICAL PRACTICE**
Reichert, E., Kurahashi, M., Troutman, B., Leikauf, J., Fedigan, S. K., O'Brien, C. T., Blumkin, Z. K.
ELSEVIER SCIENCE INC.2025
- **PRACTICING WHAT YOU PREACH: POSITIVE CHILD PSYCHIATRY IN AND OUT OF THE CLINICAL ENCOUNTER**

Rosenfeld, A., Kurahashi, M., Karp, L., Foreman, K., Reliford, A. O., Schlechter, A.
ELSEVIER SCIENCE INC.2025

- **REJUVENATING YOUR CLINICAL PRACTICE: POSITIVE CHILD AND ADOLESCENT PSYCHIATRY AT WORK AND HOME**
Rosenfeld, A., Reliford, A. O., Kurahashi, M., Karp, L., Foreman, K., Schlechter, A.
ELSEVIER SCIENCE INC.2024: S135
- **PRACTICING WHAT YOU PREACH: POSITIVE CHILD AND ADOLESCENT PSYCHIATRY IN AND OUT OF THE CLINICAL ENCOUNTER**
Rosenfeld, A., Kurahashi, M., Karp, L., Foreman, K., Schlechter, A. D.
ELSEVIER SCIENCE INC.2023: S419
- **MINDFUL PARENTING**
Kurahashi, M.
ELSEVIER SCIENCE INC.2022: S91
- **PRACTICING WHAT YOU PREACH: POSITIVE CHILD AND ADOLESCENT PSYCHIATRY INSIDE AND OUTSIDE THE CLINICAL ENCOUNTER**
Rosenfeld, A., Kurahashi, M., Karp, L., Schlechter, A., Rosenfeld, A.
ELSEVIER SCIENCE INC.2022: S337
- **THE ROLE OF PARENTING IN CHILDHOOD WELL-BEING AND PSYCHOPATHOLOGY: HOW TO ASSESS, SUPPORT, AND INTERVENE IN PARENTING FROM BEHAVIORAL, MINDFUL, AND REFLECTIVE PERSPECTIVES**
Kurahashi, M., Reichert, E.
ELSEVIER SCIENCE INC.2021: S47-S48
- **ONLINE MINDFUL PARENTING AND CASE EXAMPLE**
Kurahashi, M., Reichert, E.
ELSEVIER SCIENCE INC.2021: S76
- **MINDFUL PARENTING AND CASE PRESENTATION**
Kurahashi, M., Reichert, E.
ELSEVIER SCIENCE INC.2021: S101
- **HOW MINDFUL PARENTING CAN SUPPORT CAREGIVERS IN MANAGING THEIR YOUNG CHILDREN WITH ADHD**
Kurahashi, M., Reichert, E.
ELSEVIER SCIENCE INC.2020: S113
- **INTEGRATING MINDFULNESS INTO WORKING WITH CHILDREN, ADOLESCENTS, AND PARENTS**
Kurahashi, M., Lotspeich, L. J., Rettger, J. P., Jones, P. M.
ELSEVIER SCIENCE INC.2018: S332
- **BECOMING MINDFUL: INTEGRATING MINDFULNESS INTO YOUR PSYCHIATRIC PRACTICE**
Desai, S., Schlechter, A., Kurahashi, M., Hedrick, R., Zoogman, S.
ELSEVIER SCIENCE INC.2017: S353
- **Promoting Mindfulness in Children and Adolescents** *BECOMING MINDFUL: INTEGRATING MINDFULNESS INTO YOUR PSYCHIATRIC PRACTICE*
Kurahashi, M.
edited by Zerbo, E., Schlechter, A., Desai, S., Levounis, P.
2017: 121-133